



Memorandum

To: NFHS State Association Wrestling liaisons and NFHS Wrestling Rules Committee

From: B. Elliot Hopkins, MLD, CAA, NFHS Director of Sports, Sanctioning and Student Services

Subject: NFHS Weekly Wrestling Interpretations #5

Date: November 19, 2025

Congratulations!! The 2025-26 high school season is here! This week's interpretation provides a very detailed and robust illustration package with four submissions. The illustrations depict Locking Hands. It is important that as referees, we understand nuances of locking hands that result in a Technical Violation (TV). Having a better grasp of the various types of locking hand combinations will assist the newer official. The feedback that we are receiving is positive and encouraging. Thank you for your ongoing support this season.

We hope that the illustrations are helpful and timely for your wrestling referees to discuss and use as talking points during their officials' chapter/board meetings this season and post-season. We are attaching the illustrations as separate documents for your use and for ease of distribution. These resources are excellent conversation starters for first year and seasoned referees! Have a wonderful start of the wrestling season.

BEH/kjr

enclosure